

Colleen West, Licensed Marriage & Family Therapist, is an Internal Family Systems Approved Consultant, an EMDR International Consultant, and has extensive teaching, training, and clinical experience resolving simple and complex trauma. Author of *We All Have Parts: An little book with big ideas about healing trauma* (2019), her goal is to make recovery from early trauma and neglect more accessible to survivors, and easier for the clinicians who serve them. She lives in the San Francisco Bay Area, and divides her time between seeing clients, mentoring clinicians, and writing. She loves the outdoors, writing poetry, and sharing vegetarian feasts with family and friends.